



Apr. 21, Fri. 2017

Rika's TOKYO CUISINE

## Butter Sautéed Spanish Mackerel with Soy Sauce



Seafood

Difficulty



### Ingredients (Serves 2)

2 fillets Spanish mackerel (**Sawara**), 100 g each  
2 pinches of black pepper  
4 g coarse salt  
2 tbsp flour  
2 tbsp potato starch  
30 g butter

Sauce:

3 tbsp sake  
1 tbsp soy sauce  
1 tbsp sugar

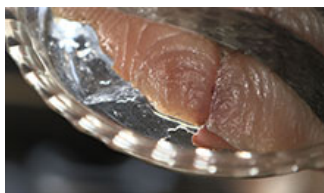
3 **shiso** leaves

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## Directions



1. Sprinkle each Spanish mackerel fillet with 1 tbsp of salt and let rest for at least 15 min.



2. Use a paper towel to wipe off the moisture that has been drawn out onto the surface of the fillets.



3. Sprinkle the fillets with black pepper. Mix together the flour and potato starch, and dredge the fillets just before frying.



4. Heat a frying pan and melt the butter in it.



5. When the butter has melted, reduce heat to low and add the dredged Spanish mackerel, skin side down. Fry for 4 min, then turn over and fry for an additional 1–2 min.



6. Transfer the fried fish to a serving plate.



7. Add the sake, soy sauce, and sugar to the butter remaining in the frying pan, and cook down somewhat to make the sauce.



8. Pour the sauce over the Spanish mackerel, then top with **shiso** leaves cut in to thin strips and serve.

### Tips

When salting fish, use about 2% as much salt as the weight of the fish. When salting meat, use about 1% as much salt as the weight of the meat.



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